

Wellness Programs

Health Promotion Programs are comprised of ongoing HP activities that all contribute to each "Wellness Program"

For example, 10 "Wellness Programs" are listed on the blank Green H application form:

Hypertension Management	Pastoral Care Services
Anger/Stress Management	Injury Prevention
Substance Abuse Awareness	Men's/Women's Health
Suicide Awareness/Prevention	Nutrition
STD Awareness/Prevention	Tobacco Cessation

Some Wellness Program categories with examples are:

1. ONGOING MEDICAL and DENTAL DEPARTMENT ACTIVITIES that provide preventive health care, screening for health risks, and counseling

- Blood pressure screening - check-in procedure with all Medical and Dental appts
- Lipid screening - part of periodic physical exam screening, medical record review
- Women's Wellness Program - annual Well Woman exams include counseling and screening for cervical and breast cancer, STDs, cardiovascular, and other lifestyle and age specific health risks

2. Notices, announcements, events to increase HEALTH AWARENESS in support of their respective Wellness Program subject

Great American Smoke-out (every November)

Weekly POD notes

Variety of posters promoting tobacco cessation, good nutrition and fitness

Variety of pamphlets in Health Promotion rack and Chaplain's Office

Flyers advertising recommended texts available in the ship's library

3. EDUCATION classes to general groups in the worksite

The classes noted in the following list are all one-hour information sessions designed to increase knowledge on various Health Promotion and Preventive Medicine topics, sometimes presented at GMT. All classes are taught by personnel who attended the Health Promotion at the Deckplates Training course. Each class utilizes the Lesson Training Guides, slides and videotapes provided through the course.

Take Care of Yourself

Stress Management

Nutrition

Women's Health

Injury Prevention

Sexual Responsibility

Hypertension Awareness

Healthy Heart

Anger Management

Men's Health

Tobacco Awareness

Fitness

Alcohol Awareness

Suicide Prevention

The following displays and models are used as educational tools to augment the classes noted above.

Smoking tri-fold display	STD tri-fold display
Smokeless Tobacco tri-fold display	Obesity tri-fold display
“Mr. Gross Mouth” model	Plastic food portions
“Death of a Lung” model	Variety of HP videos
Variety of reference texts available in ship’s library	

4. INTERVENTION classes/events for individuals interested in making specific behavior changes to improve their health

Tobacco Cessation Workshop

A four part course which utilizes the Prochaska and DiClemente Stages of Change model to assist participants in overcoming nicotine addiction and emphasizes behavior modification as a means to achieving total wellness and remaining tobacco free for life.

Weight Management Workshop

A four part course which educates each participant about the necessity of good nutrition, cardiovascular fitness, exercise and proper rest. This course is designed to assist the participants in learning effective and safe ways to lose weight while developing a healthy lifestyle.

Cholesterol Control Workshop

This one-hour course is designed to emphasize the importance of maintaining a healthy blood cholesterol level through proper diet and exercise. The dangers of ignoring high blood cholesterol are also discussed. Follow-up lipid panels for members with blood cholesterol levels greater than 200 mg/dl are required to ensure improvement.

Hypertension Management Workshop

This one-hour course is intended for members who have been diagnosed with high blood pressure or who have a strong family history of hypertension. The course emphasizes the dangerous consequences of uncontrolled hypertension and discusses the many ways to effectively manage high blood pressure and reduce the risk of developing complications. Individual counseling is required for follow-up.

5. From Navy and Marine Corps Medical News, 18Jan01

(An example of a HPP Wellness Program: “Mentors in Violence Prevention”)

(MN010304) Carl Vinson launches Navy's first MVP program
> By JO1(AW) Paul Russo, USS CARL VINSON (CVN 70)

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> After more than a year of careful planning and preparations, USS CARL
> VINSON (CVN 70) became the first Navy command to develop a new program
> called "Mentors in Violence Prevention," or MVP.
> According to Hospital Corpsman 1st Class (FMF) Jason Crume, CARL
> VINSON's medical clinic leading petty officer and MVP coordinator, the
> program has one major goal: "to educate men and women about gender-based
> violence and offer options for intervention when witnessing such
> violence."
> "In simple terms, it's Sailors helping other Sailors to prevent
> violence," Crume added. "MVP is about Sailors having open discussions
> about preventing harassment and violence in the work place and having the
> moral courage to do the right thing."
> The program provides information to crewmembers about attitudes by
> using trained facilitators holding informal training sessions with small
> groups of Sailors on board the ship, Crume said.
> Planning for CARL VINSON's MVP program began when the ship's Command
> Master Chief, Michael H. Williams, challenged the ship's First Class Petty
> Officer's Association to take the lead. A two-day training session was
> held at the Olympic Lodge on Naval Station Bremerton.
> Sponsored by Carl Vinson's Medical Department and West Sound Family
> Advocacy Treatment Center located on Naval Station Bremerton, 25 Carl
> Vinson first class petty officers completed the training becoming the
> Navy's first MVP facilitators.
> According to Jackson Katz, founder of the national MVP program, MVP is
> leadership taking the courage to stand up and speak out against domestic
> and gender-based violence.
> "The first class petty officers were chosen to run the program because
> they are leaders, and they can often be the best role models for the
> junior Sailors," Katz said.
> Crume said the facilitators provide initial exposure of MVP to new
> crewmembers reporting to the ship during the command's two-week
> indoctrination training that every Sailor attends when reporting on board.
> Facilitators present an overlay of MVP program concepts, show the video
> "Tough Guys," and then close with a question and answer period. The video
> shows several scenes depicting harassment and assault of co-workers, both
> in and out of the workplace during and after working hours.
> MVP training is worked into the ship-wide weekly training schedule,
> ensuring all crewmembers are exposed to the program, Crume said.
> The MVP program raises the awareness of Sailors about issues that
> traditionally have been considered "women's issues," Crume added. He said
> he hopes MVP encourages Sailors to play an active role in reducing sexual
> violence, harassment and abuse, as well as discouraging them from being
> bystanders.
> -USN-
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